

# K-Bay wildfire put out

**Lance Cpl. Roger L. Nelson**  
*Combat Correspondent*

The K-Bay Wildfire volleyball team was put out May 13, at Heeia Elementary School by the 9 and 10-year-old volleyball team.

“My daughter has been playing volleyball for a year now and loves it,” said Estela Perez, Los Angeles native. “I played when I was younger and wanted her to be like her mom.”

Although Wildfire was defeated, Perez said she was happy that they played their hearts out.

“At this level it really means nothing if they win or lose,” said 30-year-old Perez. “All that should matter to these kids is that they’re having a good time playing with their friends.”

According to Perez playing sports at a young age helps the child grow and mature.

“I have a lot of friends on my team,” said Hanna Perez, Wildfire player. “I love playing volleyball because I get to be with my friends.”

This is most of the players first time playing, said Itielo Tilo, coach, K-Bay Wildfire.

“Although they lost, the players are really improving and will develop skills that will really help them next season,” said Tilo. “As long as they all continue to play, I see this team going far in the seasons to come, and we will continue to play our bests for the rest of this season.”



Lance Cpl. Roger L. Nelson

Emilee Hensel, K-Bay Wildfire player, serves the ball during a game at Heeia Elementary School, May 13.

# Service members help raise cancer awareness in Iraq

**Cpl. Stephen J. Holt**  
*1st Marine Logistics Group*

**CAMP TAQADDUM, Iraq** — Service members serving in the Al Anbar Province recently lent their support to women's cancer research, participating in the 13th annual Revlon Run/Walk For Women, held here for the first time in a combat zone May 13, 2006.

The run-walk was organized to mirror the statewide event held in New York and Los Angeles, which started in 1993 to raise awareness and funding for cancer research and outreach programs for women.

Nearly 70 runners showed up for the 6:30 a.m. start time and raised almost \$2,500 in pledges from people in the United States and service members based in Iraq.

Marines Gunnery Sgt. Dave Watson, a 37 year-old from Rochester, N.Y., and Cpl. Richard G. Guerrero, a 26 year-old from Los Angeles, organized the 5-kilometer run primarily to show their support for loved ones who have battled the disease.

"I started doing the event three years ago," said Guerrero, whose grandmother had recently undergone surgeries for cancer. "I told my family that even though I would be in Iraq for this year's event, I would still run."

As a sign of support aimed at their loved ones, Guerrero and Watson, both stationed with Combat Logistics Regiment 15 here, ran with signs displaying the names of those they were honoring.

"It's painful to see people deal with cancer. Doing this run makes me feel like I'm back at home with the ones I love," said Watson.

Even though the runners in Iraq were half a world away, organizers in the United States were happy for the service members' participation and were grateful for their service to country.

"We support the troops one hundred percent and love all of (those) serving our nation," said Sally Bowman, team coordinator for the statewide event, which has raised nearly \$37 million to date.

It's great to have the event being held throughout the world, having members of



Cpl. Stephen Holt

Gunnery Sgt. Dave Watson and Cpl. Richard G. Guerrero hold signs they made to show their support for loved ones who have battled cancer.

the nation's military participate in the race, said Bowman.

"It's for a good cause," said Cpl. Dwight

Whitaker, a 25-year-old from Murfreesboro, Tenn. "It feels good to run (for a worthy cause.)"

# What you need to know about a Pandemic

**Compiled by Public Affairs Staff**

*This is the first of three articles designed to aid the military community understand the threat of a pandemic flu outbreak in our country and their community.*

*The first part will describe Pandemic Flu, introduce what it is and help make the community aware of the importance of planning in the event of a outbreak. The second part will describe possible symptoms to be aware of and recommend healthy behaviors preventative measures. The third part will expound upon what actions to take in preparation for a pandemic.*

*Each individual and family should know both the magnitude of what can happen during a pandemic outbreak and what actions to take to lessen the impact of an influenza pandemic.*

## What I Need to Know

An influenza pandemic is the widespread outbreak of a disease that occurs when a strain of flu virus appears that people have not been exposed to before. Pandemics are different from seasonal outbreaks of influenza.

The types of viruses that people have already been exposed to cause seasonal flu outbreaks. Flu shots are available to help prevent these viruses from spreading.

Pandemic flu spreads easily from person to person and can cause serious illness because people do not have immunity to the new virus.

A pandemic may come and go in waves. Each wave can last for months at a time. Everyday life could be disrupted due to people in communities across the country becoming ill at the same time. These disruptions could include everything from school and business closings to interruption of basic services, including public transportation and health care. An especially severe influenza pandemic could lead to high levels of illness, death, social disruption and economic loss.

The following are some of the differences between a seasonal flu and a pandemic flu

## Seasonal Flu — Pandemic Flu

Caused by influenza viruses similar to those already affecting people. Caused by a new influenza virus that people have not been exposed to before. Likely to be more severe, affect more people, and cause more deaths than seasonal flu because people will not have immunity to the new virus.

Symptoms include fever, cough, runny nose and muscle pain. Deaths can be caused by complications such as pneumonia. Symptoms similar to the common flu may be more severe and complications more serious.

Healthy adults usually

not at risk for serious complications; however, the very young, the elderly, and those with underlying health conditions are at increased risk for serious complications. Healthy adults may be at increased risk for serious complications.

Generally causes modest impact on society; e.g., some school closings, encouragement of people who are sick to stay home. A severe pandemic could change the patters of daily life for some time. People may choose to stay home to keep away from others who are sick. In addition, people may need to stay home to care for those who are ill. Travel and public gatherings could be limited. Basic services and access to supplies could be disrupted.

## A Historical Perspective

In the last century, there were three influenza pandemics, all called pandemics because of their worldwide spread and because they were caused by a new influenza virus. The 1918 pandemic was especially severe. The 1968 pandemic, the Hong Kong flu, was the least severe, causing about the same number of deaths as the United States experiences every year with seasonal flu.

From 1918 to 1919 was the most severe outbreak and caused at least 500,000 deaths in the U.S. and up to 40 million deaths worldwide.

The 1957 to 1958 outbreak was moderately severe, causing at least 70,000 deaths in the U.S and 1 to 2 million deaths worldwide.

And finally, the 1968 to 1969 being the lease severe, causing at least 34,000 deaths in the U.S. and 700,000 deaths worldwide.

## Vaccine

Influenza vaccines are designed to protect against specific flu viruses.

The federal government is making vaccines for several existing bird flu viruses that may provide some protection should one of these viruses change and cause a flu pandemic.

A pandemic influenza vaccine cannot be produced until a pandemic flu virus strain emerges and is identified. Once a pandemic influenza virus has been identified, it will likely take four to six months to develop, test, and begin producing a vaccine.

Efforts are being made to increase vaccine-manufacturing capacity in the United States so that supplies of vaccines will be more readily available. In addition, research is underway to develop new ways to produce vaccines more quickly.

## Treatment

A number of antiviral drugs are approved by the U.S. Food and Drug

*See PANDEMIC, A-7*



# Sports Briefs

## Saturday

**MAG-24 Triathlon** — Run, bike or swim to the 10th Annual MAG-24 Triathlon, May 20, aboard MCB Hawaii. The event begins at 7:30 a.m. at the Hangar 101. Register and pay online at [www.mccshawaii.com](http://www.mccshawaii.com) or call 254-7590.

## Monday

Learn how to sail at the Base Marina's Adult Evening Sailing Class. Classes begin May 22, and run bimonthly. The classes are held Mon.-Fri. at 5 p.m. until dusk. Call 254-7666 for more details.

## Thursday

**101 Days of Summer Fun Run/Walk** — Head to "The Lodge" (Temporary Lodging Facility) at 8 a.m. for the kickoff event for the 101 Days of Summer. This campaign promotes a drug-free environment and events where participants earn points for each unit. The unit with the most points at the end of summer will receive prize. Call 254-7636 for more information.

## June 3

### Jr. Golf Clinic Offered at Klipper

All Jr. Golfers aged 6-17 years are invited to participate in the Klipper Golf Course's Junior Golf Clinic. The first class begins Jun. 3 and runs Wed. and Sat. for five weeks. Instruction covers basic golf fundamentals, etiquette, rules and overall enjoyment of the game. The cost is \$175 per golfer, or \$125 for returning golfers (see club house for details). Register in person at the Klipper's Pro Shop, or call 254-1745.

## June 3 to 10

### Women's Golf Week at Klipper Golf Course

Women golfers of all talents and ages are invited to the Kaneohe Klipper Golf Course for a weeklong celebration of women in golf. They will offer free clinics from Jun. 3-10. There is limited space, so call 254-1745.

## June 12

### Junior Basic Sailing Classes Offered

The Base Marina will offer Jr. Sailing courses to patrons aged 8-18 years, beginning Jun. 12. Courses last for two weeks and cost \$99. Additional courses run throughout the summer. If interested, register now by calling 254-7666 or 254-7667, or visit the Base marina at 1698.

## June 21

### Subaru and SNCO Club to Host SNCO Golf Tournament

Swing into the summer, with Subaru and the MCCS SNCO Club at the SNCO Golf Tournament, Jun. 21 at the Kaneohe Klipper Golf Course. Pick up an entry form at the Klipper Golf Course or SNCO Club, or call 254-5592. Entry fees are \$43 for SNCO Club members, and \$55 for all other participants. The tournament is open to all Staff NCOs

## June 30 to July 4

### BayFest Sporting Events Now Registering

Interested participants in the BayFest BodySearch or Bathtub Regatta are now invited to register online at [www.bayfesthawaii.com](http://www.bayfesthawaii.com). Both events are free and open to the public. Visit the Bayfest web site for further details about these fun sporting events.

## Ongoing

**Paintball Hawaii** — Nestled behind the Lemon Lot here is Paintball Hawaii. Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m.  
Call 265-4283 for Friday appointments.

**Personal Trainers Available at Semper Fit** — For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, Semper Fit Center offers free personal training consultation.  
Call Semper Fit Center at 257-7597 to schedule an appointment.

**Semper Fit Center offers array of aerobics** — The MCCS Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts.  
Call 254-7597 for more information on the various classes now offered.

**Deep Sea Fishing Charters offered at Base Marina**  
Fishermen and women searching for convenient access to deep-sea charters need look no further than the MCB Hawaii Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers. Avoiding the traffic and crowd of Oahu's south shore, Bill Collectors charters fish off the uncrowded waters of windward Oahu. Call the Base Marina to charter the Bill Collector at 257-7667 or 254-7666.

# Avian Flu facts for service members and their families

### LIFELines Research Staff

#### Important facts:

Avian influenza, also called avian flu or bird flu, is caused by a group of viruses found naturally in birds. There are many avian flu viruses. One type, called "highly pathogenic H5N1 virus," has caused serious illness and death in a small number of people in Asia since 2003.

All references to "the H5N1 avian flu virus" in this fact sheet are referring to highly pathogenic H5N1 avian flu virus. • The H5N1 avian flu virus is not present in birds or people in the United States.

The H5N1 virus in its current form does not pass easily from person to person. A vaccine against the H5N1 avian flu virus is under development. Common measures such as covering your mouth and nose when coughing and sneezing and keeping your hands clean help prevent the spread of viruses.

People infected with the H5N1 virus will probably have severe flu symptoms. These symptoms usually include fever, sore throat, cough, pneumonia, muscle aches, and diarrhea. Only a health care provider can determine what type of flu virus you have.

• While the H5N1 avian flu virus has killed millions of birds, it is not a pandemic in people, and there is no evidence that it will become a pandemic (global outbreak) in people in its current form.

#### What is avian flu?

Avian flu, or bird flu, is an infection caused by flu viruses that occur naturally in wild birds and poultry. These viruses spread quickly in birds, usually causing illness and death. Preventive killing of poultry ("culling") is a common method of stopping the spread of these viruses.

**How is the H5N1 avian flu virus affecting the poultry and wild birds around the world?**  
Since 1997, hundreds of millions of wild birds and poultry have died or been destroyed from the H5N1 avian flu virus. The H5N1 avian flu virus sickens or kills most of the birds that become infected, but some wild birds may carry the virus without becoming sick.

#### Is the H5N1 avian flu virus affecting people?

The current outbreaks of H5N1 virus began affecting people in Asia in 2003. To date, fewer than 200 people have been diagnosed with the H5N1 avian flu virus. People can catch the H5N1 avian flu virus from birds, so anywhere birds are affected, people are also at risk. This virus can cause severe flu symptoms including fever, sore throat, cough, pneumonia, muscle aches, and diarrhea. Most people catch the virus from



Master Sgt. Lance Cheung

**Lee Noel studies influenza strain samples. Noel is a technician at the Air Force Institute for Operational Health virology laboratory in Texas.**

direct contact with infected birds. About half of the affected people have died. All of the human cases of this H5N1 avian flu have been overseas.

#### If I am in the United States, do I have to worry?

The H5N1 avian flu virus is not present in the United States. In its current form, it does not pass easily from person to person. If the H5N1 avian flu virus changes ("mutates") to pass easily from person to person, this could cause an influenza pandemic and potentially affect millions of people. See "Pandemic Flu" at:

[http://deploymenthealthlibrary.fhp.osd.mil/products/dhsd/PandemicFlu\\_120705.pdf](http://deploymenthealthlibrary.fhp.osd.mil/products/dhsd/PandemicFlu_120705.pdf).

In a small number of cases, the H5N1 avian flu virus may have spread between family members or to healthcare workers through close contact.

#### What can I do to protect myself from infection with the H5N1 avian flu virus?

The H5N1 avian flu virus is not present in the United States, and does not pass easily from person to person. There are steps you can take to stop the spread of viruses in general, such as covering your mouth and nose when coughing and sneezing and keeping your hands clean. The vaccine to protect people against the H5N1 avian flu virus is under development. It remains important for those in high-risk groups (the very young and old, and those with long-term illnesses) to get a seasonal flu shot to keep their immunity up.

How do health care providers tell the difference between the H5N1 avian flu and seasonal flu

in people?

The seasonal flu and the H5N1 avian flu cause similar symptoms in people (fever, sore throat, cough, pneumonia, muscle aches, diarrhea). If you are normally a healthy person and you have severe flu symptoms, you should discuss your condition with your health care provider. If your health care provider suspects that you have avian flu, he or she can do further testing to determine what kind of flu virus is involved. The results of this test may take up to a week to reach your doctor.

#### Additional Resources:

The Department of Defense Deployment Health Support Directorate has information on avian flu and other deployment health questions: 1-800-497-6261 [http://www.deploymentlink.osd.mil/medical/medical\\_issues/immun/avian\\_flu.shtm](http://www.deploymentlink.osd.mil/medical/medical_issues/immun/avian_flu.shtm)

The U.S. Army Center for Health Promotion and Preventive Medicine avian and pandemic flu information page: <http://www.apgea.army.mil/avianflu/default.aspx> • The U.S. Centers for Disease Control and Prevention avian flu public hotlines: Public 888-246-2675; Spanish 888-246-2857; and for Clinicians 877-246-4625.

The CDC has additional online resources at: <http://www.cdc.gov/flu/avian/index.htm>.

The World Health Organization has information on avian flu online at:

[http://www.who.int/csr/disease/avian\\_influenza/en/](http://www.who.int/csr/disease/avian_influenza/en/).

• Physicians, employers and employees should contact their state or local health department (<http://www.cdc.gov/mmwr/international/relres.html>) to notify them of any symptomatic

employees or suspected exposure incidents.

People in close contact with poultry at farms and live bird markets in areas where the H5N1 virus is present are at a higher risk for infection. Servicemembers serving in such areas should use increased caution. There may be a slight risk from consuming undercooked poultry infected with the H5N1 avian flu virus. Proper cooking of poultry should kill the virus and prevent infection.

#### Since I am not in contact with live poultry, are there precautions I should take to further protect my family and myself?

Do not handle any sick bird or other animal. Pets and wild animals can carry a wide range of illnesses that may spread to people. You should use protective gloves if you must touch a sick bird. It is unlikely that a pet bird is infected with the H5N1 avian flu virus. Proper cooking of poultry will kill the H5N1 avian flu virus.

#### What is the Department of Defense doing to protect servicemembers from the H5N1 avian flu virus should it change ("mutate") to spread from person to person?

The H5N1 avian flu virus is not present in the United States, and does not pass easily from person to person. However, as a precaution our military commands are planning for the appropriate response to an outbreak of H5N1 avian flu in this country or near our installations overseas. The DoD will store anti-viral medications (Tamiflu and Relenza) and vaccines as they become available. There is also a DoD Global Influenza Surveillance Program, which provides worldwide surveillance of influenza threats.

# Pandemic influenza fact sheet

### LIFELines Research Staff

During the 20th century, the emergence of new influenza "A" viruses caused three pandemics, all of which spread around the world within one year of being detected. The most severe of these was the 1918-19, "Spanish flu," [A (H1N1)]. More than 500,000 people died from the "Spanish flu" in the United States, and 20-40 million people died worldwide.

U.S. military operations in World War I were impacted as 48,000 U.S. military members died from this influenza and subsequent pneumonias. Many people died within the first few days after infection, and others died of complications later. Nearly half of those who died

were young, healthy adults.

The U.S. Centers for Disease Control and Prevention (CDC) has estimated that within a 3 to 4 month period of the pandemic's first wave, the U.S. could have up to 200 million cases with 800,000 hospitalizations and 300,000 influenza-related deaths. Age groups and geographical areas not affected by the first wave are often vulnerable during the second wave pandemic wave months after the first wave. In the past, the second wave has also been more severe.

#### Influenza and the Military Mission

In an influenza pandemic, the Department of Defense's (DOD) mission is to preserve combat capabilities and readi-

ness, save lives, reduce human suffering and slow the spread of infection. Military personnel will be vaccinated as soon as a pandemic influenza-specific vaccine becomes available though it may be 3-6 months or more after the pandemic starts before vaccine is available.

If an effective vaccine is unavailable, military readiness may be affected. Military and civilian medical systems may be overwhelmed by dramatic increases in patient numbers. Staff availability may also be limited as medical personnel and their families become infected. Limited antiviral drug supplies as well as the lack of an effective vaccine will exacerbate the situation early during the pandemic. Interventions such as restriction of move-

ment may slow the spread of disease but will not stop it.

Because DOD is committed to protecting the health and well-being of our forces, much has been done to prepare for the possibility of another influenza pandemic.

For current information on pandemic influenza visit the following websites:

WHO – Avian Influenza Frequently Asked Questions

[http://www.who.int/csr/disease/avian\\_influenza/avian\\_faq/en](http://www.who.int/csr/disease/avian_influenza/avian_faq/en)

CDC — Information about Influenza Pandemics

<http://www.cdc.gov/flu/avian/gen-info/pandemics.htm>

Send suggestions or submissions to:

C H P P M - H I O Staff@amedd.army.mil



# Military golf courses: Sailors and Marines love their links



File photos  
“Johnny-Ballgame” Bascuk chips on the Klipper 12th hole, landing his ball just a few feet from the hole.

**Holly Selders**  
*LIFELines*

"Golf," said commentator Paul Harvey, "is a game where you yell 'Fore,' shoot six, and write down five." Whatever the method of scorekeeping, Sailors and Marines love their links. In a recent study conducted by the Navy's Morale, Welfare, and Recreation Department, golf courses were cited as one of the top 10 most appealing quality-of-life perks for military members. Consequently, MWR and Marine Corps Community Services operate about 200 courses for the Department of Defense in every state and at a variety of military bases around the world. For the most part, the courses are financially self-sustaining and often make enough money to subsidize other recreational programs.

Concentrated in the South and California, military golf courses offer all the amenities of public courses, without the high costs. Greens fees are determined by military rank. Fees generally run much less than civilian courses and can be downright cheap, depending on the players' pay grade. Players, with very few exceptions, must have a valid military identification card or be accompanied by an eligible member to play. Most big courses offer their own pro shops and lessons. Bases without full courses feature driving ranges, practice greens, and miniature golf.

Reservations are generally required, due to the extreme popularity of the courses. Some favor active-duty members over retirees, so be sure to check the course policy ahead of time. Getting a tee time can be a bit hit-or-miss at some courses. Lt. Patrick Myers, stationed at Portsmouth Naval Medical Center, said, "You can get a tee time if you want to play, but it's harder to get a tee time you want. The good times go fast." Myers often shows up at the course and simply waits for a group that needs another player to fill out a foursome. He says he meets a lot of people that way and gets to play when he wants.

As far as courses go, reputation is everything, and the California courses enjoy top honors. Marine Corps Air Station Miramar Memorial Golf Course, San Diego, is considered among the best for its fabulous greens. Players describe the course as "consistently green, well receptive to shanks and slices, and slightly breezy." The course has a good reputation for being kind to less-than-expert players. Other courses in the area include the Navy Golf Courses at Mission Gorge, also known as the Admiral Baker courses, Pendleton Marine Memorial Golf Course, and the Sea 'N Air Golf Course.

An avid golfer, Petty Officer 3rd Class, Richard Quinn, of Ft. Myers, Fla., said the Windy Harbor Golf Club at Naval Station

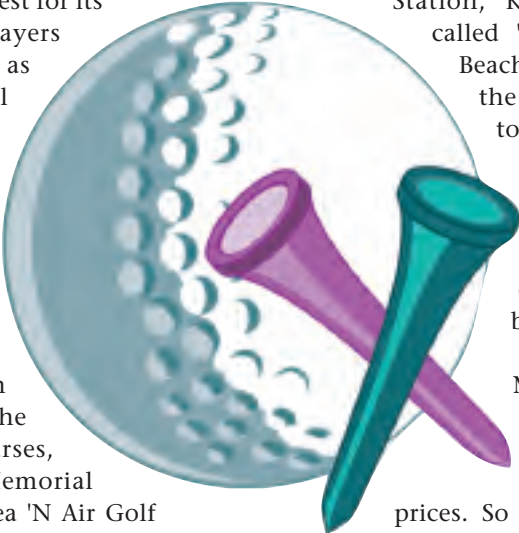


Mayport is his favorite. Quinn is a man who likes a worthy opponent. Between the gators and the water traps, Windy Harbor's 18 hole par 72 presents that challenge.

Retired Navy Lt. Cmdr. Martin Principe enjoys the courses at Aeropines Golf Club at the Oceana Naval Air Station, Virginia Beach, Va. Principe lives in the area, but has played at probably 50 courses in the last 20 years, according to his best guess. The Hampton Roads area courses are consistently above average, compared to public courses, he said, and offer much better prices. Most of the players are retirees and the jet noise (which doesn't bother Principe in the least) is at a bare minimum, he says.

Voted the "Most Beautiful" course by the Hawaii Navy News, the Kaneohe Klipper Golf Course on Kaneohe Marine Corps Air Station, Kaneohe Bay, Oahu, is called "the poor man's Pebble Beach." The course includes the largest sand trap known to man — a public beach. The course's biggest drawback is the distracting scenery: Sweeping views of the ocean, beaches, and sunbathers.

Thanks to MWR and MCCS's hard work and high standards, military golf courses offer superior courses at inferior prices. So in the best tradition of Navy blessings, may you have fair winds, following seas, expanded fairways, and putts that roll true, no matter how you choose to keep score.





# Marinas offer fun on the water around base

**Deb Trzcinski**  
*LIFELines*

Weekends come and go. A trip to the local hardware store is a reminder that there could be more to life on Saturday and Sunday than the resonance of power saws and lawnmowers. White sails fill the harbor and the sound of lapping waves are calling. No boat? No skills? No problem.

If you're interested in taking to the sea as captain of your own vessel, you may be in luck. Marinas operated by Morale, Welfare and Recreation (MWR) and Marine Corps Community Services (MCCS) can be found on or near installations in various locations around the world. These marinas service military members and their families, offering watercraft rentals at affordable prices.

**Locations Near You**

Currently, there are 22 MWR marinas located throughout the continental United States and Hawaii. Overseas MWR marinas can be found at Guantanamo Bay, Cuba; Guam; Yokosuka, Japan; Roosevelt Roads, Puerto Rico; and Rota, Spain. Sites for MCCS marinas or boat rental facilities include Okinawa, Japan; Kaneohe Bay, Hawaii; Yuma, Ariz.; Quantico, Va.; Camp Pendleton, Calif., and MCRD San Diego, Calif. North Carolina is big boating country, with several MCCS marinas located at or near Cherry Point, Camp Lejeune, and New River.

**A Boat for Everyone and Everyone in a Boat**

The type of watercraft available varies depending on location. San Diego MWR marinas offer sailboats, kayaks, canoes, and power-

boats, while in Jacksonville, Fla., you can rent these, as well as speedboats, bass boats, and pontoon boats. If wave riding is more your style, the marina at MCB Hawaii rents windsurfing equipment. Crescent Harbor Marina at Whidbey Island, Wash., features a variety of rentals, including large vessels equipped with experienced skippers. At Whidbey Island, you can arrange the "date of the century" aboard the Lively, a 44-ft. sailboat, for a mere \$35 per hour (command functions warrant a 10 percent discount).

**Typical Costs**

Boats at many locations are rented by the hour, day, or week, and prices vary according to size and type of vessel, as well as location. Fees might range from \$8 to \$40 a day for smaller boats, such as canoes, kayaks, and aluminum boats.

Large boats tend to be rented by the hour at rates anywhere from \$7 to \$20 per hour.

**Requirements**

Certification as a beginner, intermediate, or advanced boater may be required for rental. You may also be asked to prove your abilities in order to rent powerboats. At the Oura Wan Beach Marina in Okinawa you must take a free introductory safety class prior to renting boats. Be prepared by finding out about necessary requirements ahead of time.

**Learn to Sail**

If the prospect of maneuvering a boat through water gets you all tied up in knots, never fear. Adult instruction classes ranging from beginner to advanced are offered at several MWR/MCCS marinas. Prices for classes might run from \$40 for a one-day

advanced class to \$85 for a two-day intermediate or beginner class. Who knows, you might be eligible for a membership in the Navy Sailing Association in no time. A free Boat Smart class is offered at Pelican Point Marina in Cherry Point, N.C. This class covers many topics and will include the receipt of a safety certificate and boating permit.

**Youth Camps**

Young skippers are welcome, too. Check with your local MWR/MCCS marina for the availability of youth sailing camps. The marina at MCB Quantico and Fiddlers Cove Marina in San Diego offer sailing camps for youth throughout the summer. Camp prices vary, depending on eligibility.

**Boat Storage Available**

MWR/MCCS marinas offer

affordable storage for current boat owners. Slip rental fees average well below \$10 per foot, per month. You may also find amenities such as showers, bathrooms, and laundry facilities on the grounds.

**Bring Guests**

Civilian guests without IDs are welcome when accompanied by an eligible sponsor.

**Campsites Nearby**

A trip to your nearby MWR/MCCS marina may also be the perfect family vacation destination. Affordable RV parks and campsites are located near many of these facilities.

Next weekend you could be exploring the open waters, instead of charting a course to the local hardware store. Perhaps its time to put the projects on hold and trade in the tool belt for a tiller.

# Paralympians visit wounded service members

**By Samantha L. Quigley**  
*American Forces Press Service*

**WASHINGTON**

— Visiting athletes encouraged Walter Reed Army Medical Center patients yesterday to challenge every limitation that comes their way.

Walter Reed Army Medical Center patients joined Olympic and Paralympic athletes in playing three Paralympic sports during the athletes' visit there May 16. Sitting volleyball was a hit, drawing cheers and groans, depending on which side of the net the ball dropped. Photo by Samantha L. Quigley (Click photo for screen-resolution image);high-resolution image available.

"There's no such thing as a limitation, whether that's a physical limitation, a mental limitation (or) an economic limitation," soccer U.S. Paralympian Jon McCullough said, explaining that limitations are other people's perspectives. "As an individual, you can surpass any type of limitation that somebody else puts on you."

He knows this firsthand. The former Coast Guardsman suffered a brain injury that left him with little feeling in his left leg. He's been competing since the 1996 Summer Games in Atlanta, and served as an athlete representative for this year's Winter Games.

John Register, associate director of outreach and development for U.S. Paralympics, said the visit by the 2006 Winter Olympians and Paralympians was also a chance to thank the servicemembers.

"We really just want to say 'thank you' to the men and women in uniform that allow us to do what we do," Register said. "It's because of servicemen and women who are over there on the front lines that allow the State Department to say, 'Yes, you can go compete in foreign countries.'"

U.S. Paralympics is a divi-

sion of the U. S. Olympic Committee. It also encompasses the U. S. Paralympic Military Program, which serves as a tool to help rehabilitate wounded veterans.

The military program is bringing the Paralympic sport back to its roots, Register said, in programs started by injured World War II veterans.

"When they came back with injuries, they began wheelchair sports," he said. "It grew into the Paralympic Games in 1960."

The Vietnam War brought forth another group of injured veterans who started skiing. That was the birth of the winter Paralympic games, Register added.

While the program has been in existence in some form since World War II, interest tends to lull when there's no conflict resulting in large numbers of disabling injuries, he said. Small clinics have been held to reintroduce servicemembers and their families to Paralympic sport.

Yesterday, that reintroduction had Olympic and Paralympic athletes, as well as several Walter Reed patients, taking part in wheelchair basketball, wheelchair curling and sitting volleyball. These sports, among others, are good ways to get back into life, soccer Paralympian John McCullough said.

"As far as life beyond the disability, it's just a stepping stone in getting involved in society again, believing in themselves," McCullough said. "The idea of being able to compete in sport with a physical disability allows you to recognize that you can compete in any arena outside of sport as well."

After participating in the sports offered during yesterday's visit, Walter Reed patients saw new opportunities.

"This obviously has opened my eyes to know what kind of activities are out



Samantha L. Quigley

Walter Reed Army Medical Center patients joined Olympic and Paralympic athletes in playing three Paralympic sports during the athletes' visit there May 16. Sitting volleyball was a hit, drawing cheers and groans, depending on which side of the net the ball dropped.

there," Army Spc. Maxwell Ramsey, a lower left leg amputee, said. "I had a lot of fun with the & wheelchair basketball."

Ramsey, who is planning to attend wheelchair games in Alaska this July, was anxious to talk with Register, who moves well on this prosthesis.

"I've only been here at

Walter Reed for two-and-a-half months, so I'm still working on walking," he said. "The way (Register is) able to walk and handle himself on his leg obviously is of great interest to me."

Shouts of friendly competition filled the Walter Reed gym as athletes and patients tried out the different sports. This sense of camaraderie and

teamwork is a good investment in getting back to life after a disability, McCullough said.

Today, the visiting athletes went to the White House, where President Bush praised their spirit and the examples they set as athletes.

"At the games you showed the best values of our country," Bush said. "You were

humble in victory and gracious in defeat. I want to thank you for being such great ambassadors of our country."

He added his thanks to the champions in the group, who included "the dudes and dudesses of the snowboarders," for upholding the special responsibilities the come with being a winner.

**PANDEMIC, from A-1**

Administration to treat and sometimes prevent seasonal flu. Some of these antivirals may be effective in treating pandemic flu.

These drugs may help prevent infection in people at risk and shorten the duration of symptoms in those infected with influenza. However, it is unlikely that antivirals alone would effectively contain the spread of pandemic influenza.

The federal government is stockpiling antivirals that would most likely be used in the early stages of an influenza pandemic. There are efforts to find new drugs and to increase the supply of antivirals. Antivirals are available by prescription only.

**What is the U.S. government doing to prepare for pandemic influenza?**

The U.S. government has been preparing for pandemic influenza for several years. In November 2005, the President announced the National Strategy for Pandemic Influenza. Ongoing preparations includes the following:

- Working with the World Health Organization and with other nations to help detect human cases of bird flu and contain a flu pandemic, if one begins.
- Supporting the manufacturing and testing of influenza vaccines, including finding more reliable and quicker ways to make large quantities of vaccines.
- Developing a national stockpile of antiviral drugs to help and control the spread of disease.
- Supporting the efforts of federal, state, tribal and local health agencies to prepare for and respond to pandemic influenza.
- Working with federal agencies to prepare and to encourage communities,

business and organizations to plan for pandemic influenza.

**Get Informed.**

Knowing the facts is the best preparation. Identify sources you can count on for reliable information. If a pandemic occurs, having accurate and reliable information will be critical.

Sources for information include:

- The Pandemic Flu Web site: [www.pandemicflu.gov](http://www.pandemicflu.gov).
- The Center for Disease control and Prevention Hotline (800) 232-4636). This line is available in English and Spanish, 24 hours a day, seven days a week. To access the TTY line, call (888) 232-6348. Questions can be e-mailed to [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov).
- Look for information on your local and state government Web sites. Links are available to each state department of public health at [www.pandemicflu.gov/plan/tab2.html](http://www.pandemicflu.gov/plan/tab2.html).
- Listen to local and national radio, watch news reports on television and read your newspaper and other sources of printed and Web-based information.
- Talk with your local health care providers and public health officials.

**Finally.**

Becoming educated on Pandemic Influenza is the first step to prepare for a possible outbreak. The second step is learning healthy behaviors. The third is making plans in case a Pandemic outbreak should occur.

*Information compiled from the Centers of Disease Control and Prevention site, the Federal Government site for Pandemic Flu information and U.S. Army Col. Michael Brumage, Chief of Preventive Medicine at Tripler Army Medical Center.*